



# GOING OUT OF OUR WAY

is always our way.



*Can a bank still surprise you? We think so.*

*We could tell you about the time our bankers visited a hospital to notarize a form, or mailed a debit card to a customer in Spain. About the handwritten notes, opening after hours – all the small things that add up to something bigger.*

*We could tell you lots of stories – but instead, stop on by and let's create new ones together. Let us show you what great service feels like.*

Visit or try us 24/7 at **888-493-2783** and **WebsterBank.com**



**WebsterBank**

**LIVING UP TO YOU®**

Webster Bank, N.A. Member FDIC. ©2016 Webster Financial Corporation. All rights reserved.  
The Webster Symbol and Webster Bank are registered in the U.S. Patent and Trademark Office.



We're preparing a  
**WARM  
WELCOME**  
for you, Boston.

Webster Bankers are hitting the streets next week. Stop by and have a talk with one of them. Grab a hot cocoa. Warm up while waiting for your bus. Whatever it is, we're here to help. We want to show this city what service means to us, by bringing the Webster banking experience to you.

Here to **#ServeBoston**.

Follow @WebsterBank to see when we'll be in your neighborhood.  
Or try us 24/7 at 888-493-2783 and [WebsterBank.com](http://WebsterBank.com)





# metr

BOSTON NO. 1 FREE DAILY IN THE  
Monday, February 22, 2016 metro.us | t: MetroBOS | f:

## A GLEEK NO MORE

Alex Newell on his new EP and Beyonce. 8

Care for a scoop of Bernie? 4

Here's how to Kondo your office. 11

ON SALE NOW!

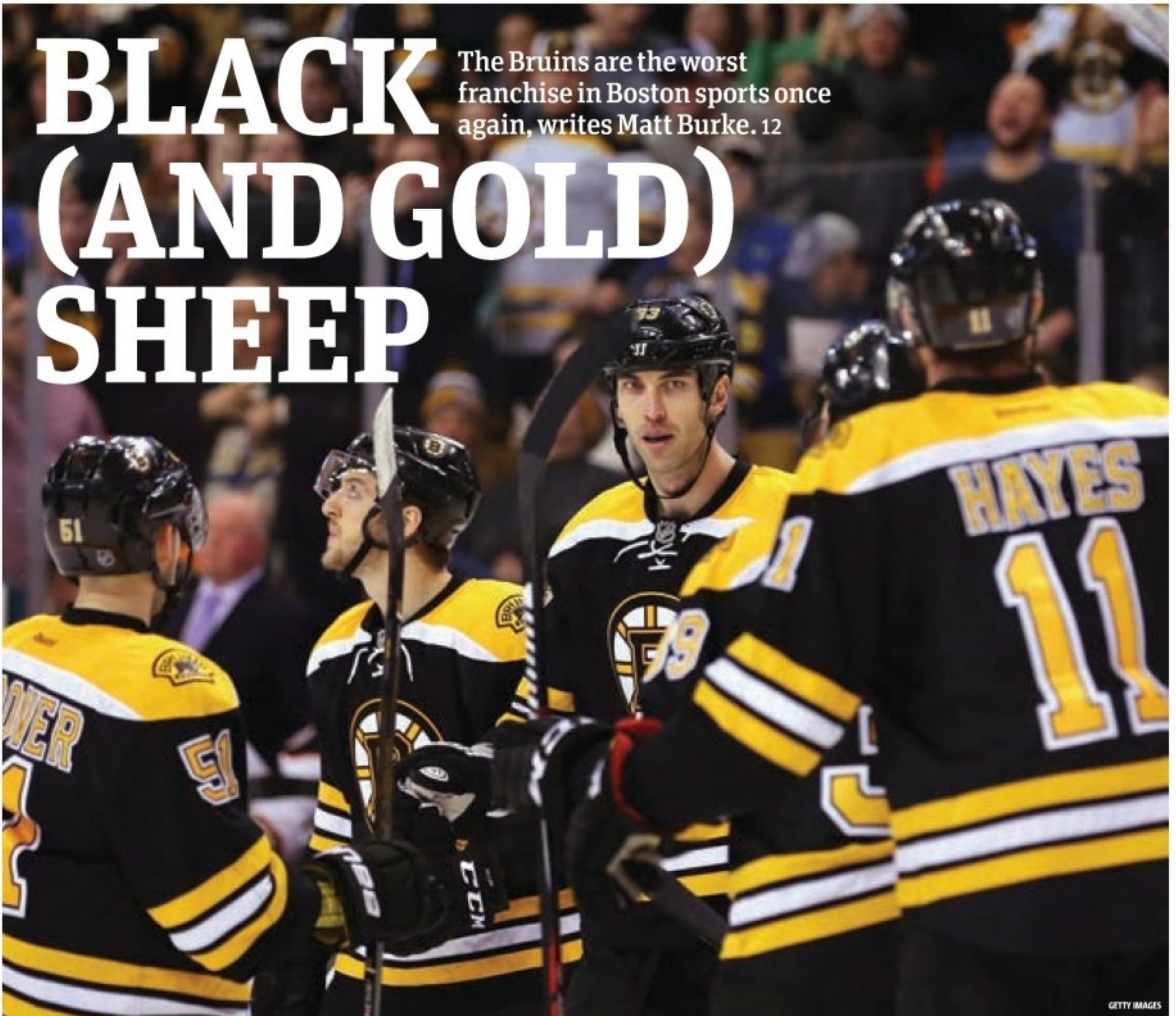
A JOURNEY TO OZ LIKE NO OTHER



BUY TICKETS AT [CITICENTER.ORG](http://CITICENTER.ORG)  
ticketmaster 800.982.2787

# BLACK (AND GOLD) SHEEP

The Bruins are the worst franchise in Boston sports once again, writes Matt Burke. 12



GETTY IMAGES



## FIJI CYCLONE KILLS FIVE

**1** Downed power lines and flooding are hampering relief efforts in Fiji after one of the most powerful storms recorded in the Southern Hemisphere tore through the Pacific island nation, flattening remote villages and killing at least five people. Harsh winds and torrential rains tore up homes and cut power, water and communications links across the nation of about 900,000 people, although Suva, the capital, escaped the brunt after the storm changed direction. **REUTERS**



## RADIOACTIVE MATERIAL

**2** Radioactive material that went missing in Iraq has been found dumped near a petrol station in the southern town of Zubair, officials said, ending speculation it could be acquired by Islamic State and used as a weapon. The officials said the material, stored in a protective case the size of a laptop computer, was undamaged and there were no concerns about radiation. Reuters reported last week that Iraq had been searching for the material since it was stolen in November from a storage facility near the southern city of Basra. **REUTERS**

## FIGHT OVER ENCRYPTION

**3** The U.S. Department of Justice filed a motion seeking to compel Apple to comply with a judge's order to unlock the encrypted iPhone belonging to one of the San Bernardino shooters, portraying the tech giant's refusal as a "marketing strategy." In response, a senior Apple executive, speaking on condition of anonymity, characterized the Justice Department's filing as an effort to argue its case in the media before the company has a chance to respond. **REUTERS**



## YEAR OF THE MONKEY

**7** The Chiu Mo Kwoon Boston Kung Fu School preforms the traditional Lion Dance in celebration of the Year of the Monkey in Boston's Chinatown neighborhood on Sunday. The celebration was scheduled to take place a week earlier but was postponed due to the freezing temperatures.

**7**  
THINGS YOU  
NEED TO KNOW



MAIN PHOTO BY NICOLAUS CZARNECKI, ALL OTHER PHOTOS BY GETTY IMAGES

## GUN FOUND IN BASSINET

**4** Police executing a search warrant in Dorchester on Saturday reportedly found a piece of evidence in an unlikely location. It was a loaded semiautomatic handgun, and it was in a baby's bassinet. "Officers were stunned and astounded" when they found the weapon "resting in a child's bassinet," according to a police report. **SPENCER BUELL**



BPD NEWS

## UBER DRIVER KILLS SIX

**5** A gunman suspected of killing six people and wounding two others in apparently random shootings in Kalamazoo, Michigan, was a driver for the car-hailing service Uber who a television station reported may have taken fares during the rampage. Kalamazoo County Prosecuting Attorney Jeff Getting on Sunday alleged Jason Dalton opened fire late Saturday in parking lots outside an apartment building, a Kia car dealership and at a Cracker Barrel restaurant. **REUTERS**

## SUSPECT SURRENDERS

**6** A 19-year-old man has turned himself in after an armed assault caused UMass Amherst to be put on lockdown for two hours on Thursday, Framingham police said. William McKeown is expected to be arraigned on assault and battery charges with a deadly weapon, simple assault, as well as battery and armed robbery. There were no shots fired, but one male victim suffered a head laceration, WCVB reported. Officers had previously seized a car parked on Water Street that they suspected of being linked to the incident. **JACLYN MARR**



# COMING SOON

**1117 COMMONWEALTH AVE.  
ALLSTON, MA**

**BOSTON SMOKE SHOP BRINGS YOU  
THE LARGEST  
SMOKE SHOP IN NEW ENGLAND!**

**ANOTHER HOT NEW ATTRACTION FEATURING:  
65 HDTVs - LASER LIGHT SHOW - HD SOUND SYSTEMS- MORE GREAT STUFF**

**STILL THE LARGEST SELECTION OF VAPORIZERS, E-LIQUIDS,  
HAND PIPES, WATER PIPES, HOOKAHS,  
TOBACCO PRODUCTS AND ADULT LIFE ACCESSORIES...  
WE JUST HAVE MORE NOW.**



IG: boston\_smokeshop

bostonsmokeshop.com





# 'Bernie's Yearning' heads to Hub

Ben and Jerry of the famed ice cream will be scooping for Bernie Sanders today on Newbury Street.



SPENCER BUELL  
@MetroBOS  
spencer.buell@metro.us

Today, Vermont dessert titans Ben Cohen and Jerry Greenfield will be scooping up sundaes of their politically flavored ice cream on Newbury Street.

Cohen made a big political statement this year when he churned out the limited-release variety in support of presidential candidate Bernie Sanders.

It's a tub of plain mint ice cream with a disc of chocolate at the top — meant to symbolize the concentration of wealth among the country's highest earners.

Cohen only made 40 pints, some of which were given out to Sanders sup-



Ben Cohen and Jerry Greenfield will be on Newbury Street today scooping "Bernie's Yearning." JULIA LUCKETT

porters via online raffle. Sanders himself sampled a pint while a guest on "The View."

But Ben and Jerry, the people, have become very public Bernie boosters, jetting around the country to campaign. With the March 1 state primary looming, the duo are driving around Massachusetts this week.

**Politics and ice cream.**

**Why?**

**BEN:** We're doing anything we can to help explain why we support Bernie. We've been his constituents for the past 30 years. We've never been out campaigning for a presidential candidate before, essentially because there's never been a presidential candidate like Bernie Sanders before. We can vouch for him. He's the real thing.

**JERRY:** Ben and I are not only ice cream guys, but we're business people. One of the things that we're doing is, we're having a meeting of business people in Boston to talk about how Bernie's vision of an inclusive and sustainable economy works for business.

**What has it been like to be using your flavor-making power for political purposes?**

**JERRY:** I was over at Ben's house when he was making the 40 pints in his kitchen. It brought back a lot of memories.

**You only released 40 pints of "Yearning." Will you release any more?**

**BEN:** When I experimented with eating a pint of "Bernie's Yearning," it became clear that what you need is a "Bernie's Yearning" mixing bowl. I got together with some of my potter friends and we're just completing a limited run of 50 Bernie's

Yearning ice cream bowls that people will be having a drawing for. If people win a bowl and come to Vermont with their bowl, I will make them a custom pint of Bernie's Yearning to put in it.

**Do you have any other political flavors in mind?**

**BEN:** I have thought of another flavor that would focus on the idea that the top one percent of people in the United States own as much wealth as the bottom 90 percent. It would be called "Stealth Wealth." The top 50 percent of the flavor would be a solid chunk of chocolate. Then the question is how do you eat it? The answer is, that's exactly the point. You can't.

**Have you thought of a flavor for Hillary Clinton?**

**BEN:** Bernie is the only presidential candidate that's inspired me to come up with a flavor. I don't really want to sully



my ice cream flavor mind with coming up with flavors for these other folks.

A lot of flavor making for me is about inspiration. ... Many of the best [flavors] came from the collective flavor unconscious. There is this kind of cloud of flavors that are hanging out there in the collective flavor unconscious, and I was just able to channel some of those flavors that needed to become tangible. I came up with Bernie's Yearning because I was really inspired. It was really about making a flavor for a movement that this person is leading.

EXPERIENCE  
& RESULTS  
THAT COUNT



JEFFREY S. GLASSMAN  
ATTORNEY

WORKERS'  
COMPENSATION

SERIOUS  
INJURIES

AUTO  
ACCIDENTS

- ✓ Free Phone Consultations
- ✓ No Recovery/No Fee
- ✓ On Call 24/7
- ✓ Home & Hospital Visits
- ✓ Se Habla Espanol



JSG LAW OFFICES OF JEFFREY S.  
GLASSMAN  
PERSONAL INJURY & DISABILITY LAWYERS

617-367-2900

One International Place, 18th Floor, Boston, MA 02110

JEFFREYSGGLASSMAN.COM

**WE CAN PAY  
YOUR FUEL BILLS!!!**

If you live in Boston, Brookline, or Newton,  
you may qualify for ABCD's Fuel Assistance  
Program and be eligible for as much as  
\$900 towards your heating costs  
(oil, gas, or electric).

Highest benefit is \$900

- Family of 1 = \$33,126
- Family of 2 = \$43,319
- Family of 3 = \$53,511
- Family of 4 = \$63,704



Deadline April 30  
2016 ... but  
hurry now!!!!!!!!!!!!

**APPLY  
TODAY!**

**ABCD Fuel Assistance:**

178 Tremont Street 4th Floor  
Boston, MA 02111

**Call Now!!!**

**(617) 357-6012**  
[www.bostonabcd.org](http://www.bostonabcd.org)

A Program of Action for  
Boston Community Development, Inc.



# COLONIAL TRADING COMPANY, INC

**Tangible Asset Experts**

*Servicing Boston for over 25 years*



*Buy – Sell – Trade – Appraise*

- Authentic Colonial Era Artifacts
- Coin & Currencies of the World • Gold, Silver, Platinum Bullions
- Gold & Diamond Jewelries • Watches • Estate Jewelries

**29 BROMFIELD STREET BOSTON, MA 02108**

**617-695-1652**

**WWW.COLONIALTRADINGCO.COM**

**MON-FRI 10:00-6:00; SAT 10:00-5:00**



# BOLARIS WEATHER WATCH: MASSIVE WINTER STORM EXPECTED AFTER MILD TEMPS

Bolaris' Weather Watch



The arctic air has retreated for now, but as Arnold Schwarzenegger would say, "I'll be back."

In the meantime we have been in defrost mode, as it was much needed after the brutal arctic assault last week. Milder temperatures will remain with us for most of this work week, but at the same time a very powerful and massive winter storm will play a role in the weather across the entire eastern half of the nation, Gulf states, and midwest.

On the western flank, there will be heavy, wind-driven snow. In the south and southeast, look for severe storms with tornado outbreaks. And here in the northeast, expect windswept heavy rains.

The heaviest rain for us will take place Wednesday afternoon and evening and continue



into Thursday morning across southern New England. Flooding problems will become widespread across much of the northeast by Wednesday night with plenty of local street and highway flooding. Flash flooding of streams and creeks seems likely at this time.

Frigid air will be waiting in the wings Feb. 27-28 as the next arctic blast is due to arrive for the last weekend of February, with this upcoming

Sunday featuring bitter wind chills that will drop the thermometer below zero. After that, long-range computer models are hinting at possible coastal storm development during the

first week of March with heavy rain and snow potential. It's early in the weather ballgame and we will see if the March lion will roar or just be fiction by the long-range computer models.

## Potential storm threat in Boston

Looking dry for Monday and right through Tuesday with temperatures turning a bit cooler. A massive and intense storm will approach during the day on Wednesday, but luckily for us (unless you are a snow lover) we will be on the eastern flank, meaning all rain with the exception of a brief start of some sleet and snow in the hills to the north and west upon arrival on Wednesday.

Windswept heavy rain

is on tap for Wednesday night into Thursday morning, which will lead to plenty of local street and highway flooding, and flash flooding of streams and creeks can't be ruled out at this time.

An arctic punch arrives this weekend as wind chills will dip below the goose egg by Saturday night into Sunday morning.

Watching for a potential east coast storm threat for early next week.



No injuries were reported when an Amtrak train heading southbound crashed into a car that was stuck on the tracks in Andover on Sunday morning. **NICOLAUS CZARNECKI**

## Amtrak collides with car in Andover crash

The driver was uninjured in Sunday morning's crash.



**SPENCER BUELL**  
@MetroBOS  
spencer.buell@metro.us

Amtrak and MBTA police continued to investigate the collision of a car and train in Andover Sunday morning.

No one was injured in the crash at the intersection of Essex and Pearson streets, and the incident will not impact commuter rail service, according to MBTA spokesman Jason Johnson.

An Amtrak Downeaster train, which was reportedly traveling around 60 miles per hour, slammed into the vehicle, causing severe damage to its front end. The call for the incident came in around 7:55 a.m., Andover police spokesman Lt. John Pathiakakis said.

The car has since been towed from the scene and the area has reopened to traffic.

"Everything is back in business," Pathiakakis said, adding that police in the town were not involved in the investigation.

The vehicle's driver has been identified in other news reports as a woman named Cora Harder, who told CBS she found herself caught between gates at the railway crossing.

"I went through the first gate, no problem," Harder told the news outlet. "Then I saw the second gate going down."

Pathiakakis and Johnson could not comment on the cause for the crash while the investigation continues.

Amtrak's media contact did not immediately return a request for comment.

The Downeaster train runs between Boston and Brunswick, Maine.

*"I went through the first gate, no problem. Then I saw the second gate going down."*

Motorist Cora Harder, to CBS

## DONATE YOUR CAR

### Wheels For Wishes

Benefiting

### Make-A-Wish® Massachusetts and Rhode Island



- \*Free Vehicle Pickup ANYWHERE
- \*We Accept All Vehicles Running or Not
- \*We also accept Trucks, RVs, SUVs & Boats
- \*Fully Tax Deductible

**WheelsForWishes.org**  
**Call: (617) 701-7647**

\*Wheels For Wishes is a DBA of Car Donation Foundation.



## The Holistic Center

**You Can't Take the THC out of  
quality HealthCare**

**CALL TO QUALIFY FOR YOUR  
MEDICAL CANNABIS CARD:**

With our registered Department of Public Health ("DPH")  
Medical marijuana professionals,  
Other Services: Acupuncture, Chinese Herbalist

320 WASHINGTON STREET, SUITE 300 - BRIGHTON CENTER  
617-787-7400 [www.THCevaluation.com](http://www.THCevaluation.com)  
LOCATED NEAR ST. ELIZABETH'S HOSPITAL

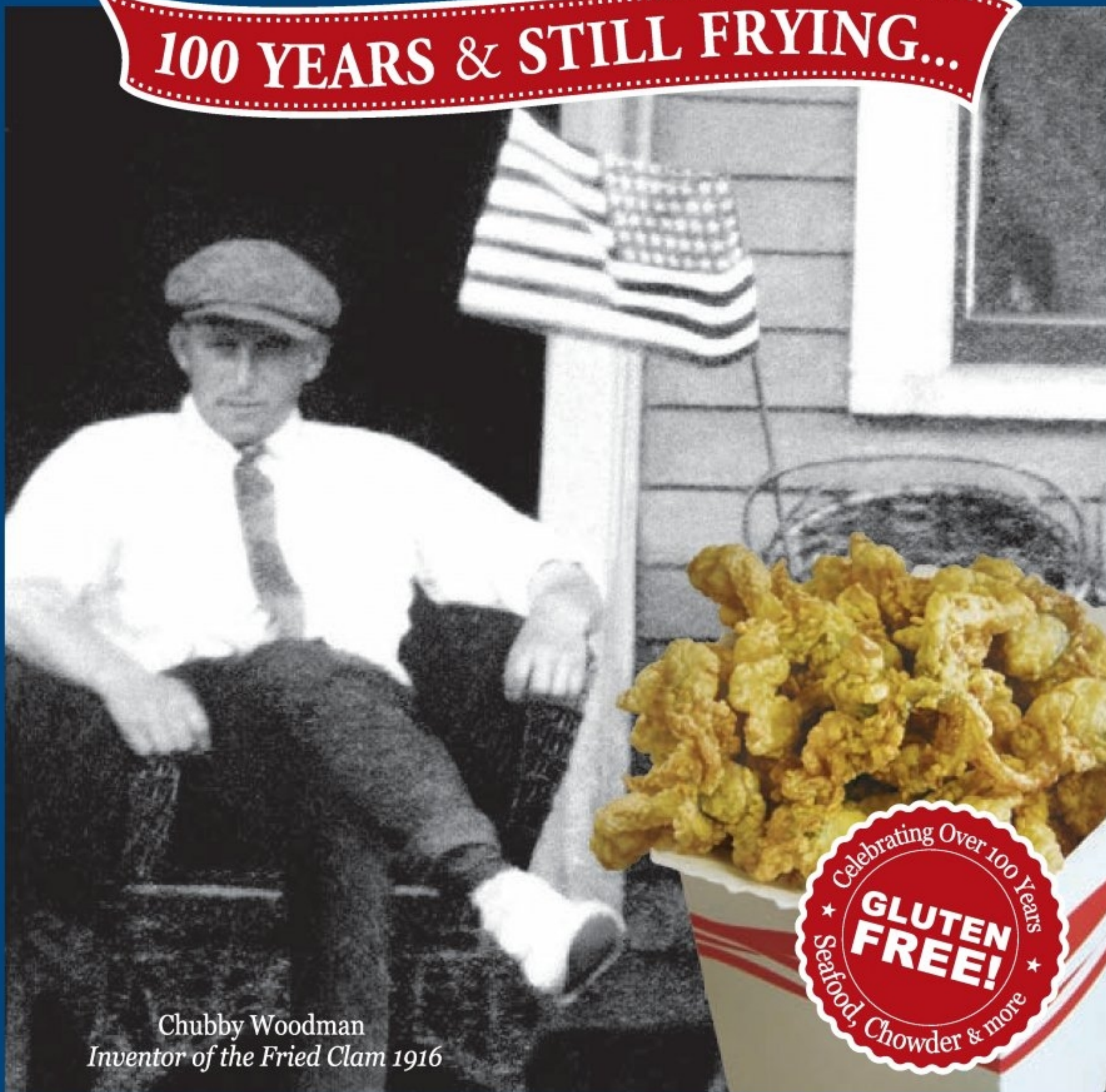


# WOODMAN'S®

★ OF ESSEX ★

A Yankee Tradition Since 1914

100 YEARS & STILL FRYING...



Chubby Woodman  
*Inventor of the Fried Clam 1916*

Open Year Round • Family Friendly • Water Views

121 Main Street, Essex, MA • 800.649.1773 • woodmans.com



## Bankruptcy judge wants to know about 50 Cent's piles of cash

Here's a pro tip: If you've filed for bankruptcy and the court is still considering your case, maybe don't post photos of yourself on Instagram surrounded by piles of cash? That's exactly what rapper 50 Cent has done, and the result is the judge in his bankruptcy case has summoned him back to court to explain himself. See, 50 Cent — whose real name is Curtis Jackson — is caught between a rock and a bragging rapper hard place, as he's looking for protection against a slew of expensive impending lawsuit decisions, but he didn't appreciate everyone joking about him being broke last summer when made the initial filing. You can't have it both ways, buddy. Sorry.



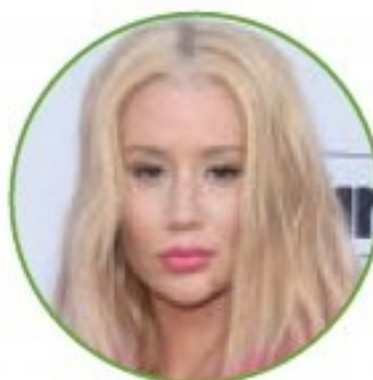
## the word

NED EHRBAR  
ned.ehrbar@metro.us



@MarkRuffalo  
(Mark Ruffalo)

We need JOURNALISM not PROPAGANDA. The media are misleading the public on Syria



@IGGYAZALEA  
(Iggy Azalea)

The most painful thing in the world is accidentally stepping on a lego brick barefoot.

## Alex Newell wants you to know 'This Ain't Over'

Newell will open for Adam Lambert on Wednesday night. BRIAN ZIFF

The "Glee" alum is just getting started.

RACHEL RACZKA  
@rachelraczka  
rachel.raczka@metro.us

"Glee" ended nearly a year ago, but many of the series' alumni are still looking to find their footing. Among them: Alex Newell, who landed the role of transgender teen Unique Adams after appearing on the first season of "The Glee Project." The 23-year-old Lynn, Massachusetts, native is pursuing a music career of his own. After lending his dynamic vocals to dance tracks from The Knocks ("Collect My Love") and Clean Bandit ("Stronger"), his debut EP, "POWER," dropped Friday, and he'll be hitting the road later this month to open for Adam Lambert's Original High Tour through April.

Newell catches up with us the morning after the Super Bowl from his home in Los Angeles, where he's "missing" Boston snow. He laughs, "I miss the city shutting down and me not going anywhere."

It's been about a year now, so how has your life changed post-"Glee"? Sometimes I'll drive by the Paramount lot and I'm like, "Why am I not there?" It's so different because my entire life has been scheduled out for me since I was kid up until last year. And now I'm working on the [music] side of my career and have free range on my life and being an adult

### If you go

With Adam Lambert  
Feb. 24 at 7 p.m.  
House of Blues  
15 Lansdowne St., Boston  
\$49-\$139, ticketmaster.com

is crazy. It's been a great learning experience.

The single is called "This Ain't Over," what does that mean to you?

It's ending that chapter of "Glee," and for anyone thinking that any of us can't have a viable music career. The message is that "I'm still here, and I'm thriving." It's as much a career song as it is a relationship song.

And the EP is "POWER," which is also a pretty strong statement.

Well, it was almost "Shade." But they were like, "That's a little too shady," and I was like, "That's the point." But one night I was sleeping and just repeating, "powerhouse, power, power, power." And I just like the word power. It means so much, and it could be something that's empowering or power being that energy you get when you listen to a song, or the concept of being a powerhouse when you're talking about vocals.

Who gives you power?

Beyonce is empowerment. She's just a force. But then I listen to a lot of gospel because of my church background. And then I'll listen to something that'll just give me a good ol' cry so I can get through my day.

## Kris Jenner calls Caitlyn Jenner worst dressed at Fashion Week

Kris Jenner had some not very nice things to say about ex Caitlyn Jenner's appearance at New York Fashion Week when the whole family donned matching outfits for Kanye West's show — except Kris is totally trying to compliment her, so it's OK? I guess? "My worst I think is going to be Caitlyn and here's why," Kris

says during a "Fashion Police" drop-in late last week. "I can't handle the shoes with the skirt. The second reason is, because, I really would have liked this outfit for myself, and she kind of stole it. I'm a little jealous. I'm a little angry that I didn't get that skirt, to be honest." Easy, Kris. Anger doesn't look good on you.



ALL PHOTOS GETTY IMAGES

### Now We Cater



**Bonapita**

Mediterranean Bakery & Grill • www.bonapita.com

49 Franklin St. Downtown Boston • 857-350-4606



**10% OFF**

YOUR ORDER OF \$25 OR MORE  
one coupon per table

Not to be combined with any other offers  
Not Valid with Lunch Specials or Holidays  
Exp. March 31st 2016

695 Washington St. Boston,  
Chinatown • 617.338.8858

WWW.DUMPLINGCAFE.COM

We Now Deliver through DoorDash.  
www.doordash.com

**OPEN**  
11AM - 2AM  
7 DAYS



# Painful Varicose Veins & Swollen Legs?



Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

## DO YOU SUFFER FROM

- ☒ Varicose Veins
- ☒ Spider Veins
- ☒ Itching and Burning
- ☒ Leg Pain and Cramps
- ☒ Heaviness and Swelling
- ☒ Skin Discoloration
- ☒ Ulcers and Blood Clots
- ☒ Difficulty Walking Long Distances

You may have a condition called venous insufficiency, which left untreated can lead to serious health complications. Our non-surgical, minimally invasive and painless endovenous procedure only takes 15 minutes.



**Have you had prior vein treatment and are not satisfied with the results? USA Vein Clinics can help!**

*When it comes to your health, trust your legs only to the top vascular specialists at USA Vein Clinics.*

**Medicare and most insurances accepted!**

*Call us today to schedule your appointment*

**USA**  
**Vein**  
**Clinics**

**(617) 858-6870**

1208B VFW Parkway, Ste 200 • West Roxbury, MA 02132  
121 Broad St • Lynn, MA 01902

[www.USAVeinClinics.com](http://www.USAVeinClinics.com)



## jobs & education



Dr. Sackey  
ALONSO NICHOLS/  
TUFTS UNIVERSITY

HOW TO GET AHEAD

# The best medicine

A pipeline program between UMass Boston and Tufts is bringing diversity to health care.

## Hands-on experience

Bruno, who grew up in Boston's Roxbury neighborhood, says it was a volunteer trip to Belize that made him want to become a primary care physician in his own community. "I thought, with that same effort, I should be helping people here, in Roxbury, because we need it just as much," he says. For Sackey, this is precisely what the program is about. "Many aspects of this program nourish me as a doctor, an African-American woman and as an educator," says Sackey. "There is something almost magical about the moment when a student realizes that being a doctor or a scientist is more than a notion, but an attainable goal."

When UMass Boston sophomore Rodney Bruno was growing up, visiting his primary care physician didn't affirm his vision of becoming a doctor.

"I thought, I don't see anybody here who looks like me," says Bruno, 19, the son of Haitian immigrants and the first in his family to attend college.

But in January, Bruno was one of 26 students who participated in a pipeline program between UMass Boston and the Tufts University School of Medicine, where he shadowed doctors, analyzed hypothetical cases and discussed public health concerns and health-care inequalities.

In a week, "we went from talking about HIV to talking about diabetes, and we focused a lot on health disparities," says Bruno.

The TUSM/UMB Winter Enrichment Program introduces undergraduates to medical problem-solving and encourages minority students to enter the medical profession. Dr. Jean Sackey, the dean for multicultural affairs and global health at Tufts University, launched the program in 2014. She suggests that increasing diversity in an undergraduate program will ultimately

increase diversity in clinical health care and biomedical science.

"Simply put, the more diverse the student body, the more diverse the faculty, the more likely it is that you will be able to attain institutional excellence that you gain from all the variation of thought," says Sackey in an email.

Although blacks and African-Americans make up 13 percent of the nation, they account for only 4 percent of the physician workforce, according to the Association of American Medical Colleges.

Says Sackey, "There is something empowering about a student walking down Tufts' corridors and seeing somebody who looks like them."

## NOW HIRING

### Join the ranks of the FUN EMPLOYED!

Old Town Trolley Tours®

is looking for

- TOUR GUIDES
- MECHANICS/MAINTENANCE
- SALES REPRESENTATIVES

844-7-FUNJOBS



WWW.TROLLEYJOBS.COM



### Statewide Exam for Firefighter April 16th, 2016.

Application deadline March 21st, 2016.

Save \$50 on application fee,  
register before March 1st.

Apply online at  
[www.cityofboston.gov/fire](http://www.cityofboston.gov/fire)  
or call 617-343-3024.

### Speak a Second Language? Put it to work!

#### Become an Interpreter!

- Medical Interpreter Training
- Legal Interpreter Training
- Business & Community Interpreter Training
- Business English Course

7-week Certificate programs in Boston for Arabic, Spanish, Portuguese, Russian, Chinese, Haitian Creole and more.

617-277-1990

[www.InterpreterTrain.com](http://www.InterpreterTrain.com)







Marie Kondo's new book is an ode to sparking joy, even at work. ISTOCK

## 'Sparking joy' at Work

To maximize happiness on the job, know when to hang on and when to let go.

**JENNIFER SAWYER**  
@MetroBOS  
letters@metro.us

"Does it spark joy?" That's the big question underlying Japanese organization expert Marie Kondo's wildly popular home-decluttering strategy. Kondo's first book, introduced the "Kon-Mari Method" to the world: Keep the items that trigger happy feelings, say goodbye to those that don't.

Kondo recently came out with a follow-up titled "Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up," that delves into the emotional decluttering process that comes with a material purge. But does her method apply outside the home? Career coaches weigh in with their favorite tips for sparking joy in the workplace.

### Let go of what you

### can't control

First and foremost, let go. "You can control things at home but that's not so easy at work," says Marguerite Orane, executive coach and strategy facilitator. She'd like to change everything, and shift focus to the areas where you have sway.

### Make the most of your physical space

It might be difficult to create a place of joy in a fixed workspace, but small changes can make a big difference. "Bring all the physical beauty you can into your space — color, photographs, just something meaningful that reminds you of happy times," Orane says. And resist the temptation to stay chained to your computer. "I'm always surprised at people who never get up from their desks," she says. "Go outside and replenish!"

### Keep a tidy (and delightful) calendar

Career and executive coach Maggie Mistal

recalls interviewing Deepak Chopra about his career. "When he got to work, the first thing he would do was review his calendar. If everything on it didn't bring him joy, he wouldn't do it," she recalls. "I said, how great that must be to have reached a point of success where you only get to do what you want. And he said, 'How do you think I became this successful?' It rocked my world. Now I tell this same story to my clients. It's life-changing."

### Actively pursue joy

"Everybody has some dream that they're harboring but afraid to go after," Mistal says. Employees might not realize they have the capability to "job craft," or slightly adjust their roles to play more to their strengths, skills and preferences. Be proactive and ask to do the tasks that bring you joy. Mistal encourages managers to perform "stay" interviews with employees, a sort of check-in to get a better grasp on their passions and career goals.

Careers that  
change lives.  
Yours  
included.



### Finance Open House

Tues., Feb. 23, 4:30pm – 7:00pm  
1 Autumn Street, Boston MA 02215  
Opportunities in Boston and Westwood  
On the spot interviews (RSVPs Only)

Positions available in Finance, Hospital & Physician Billing, and Research & Grant Administration. Physician & Hospital Billing, Coding, and Research & Grant Administration experience highly desirable for many positions.

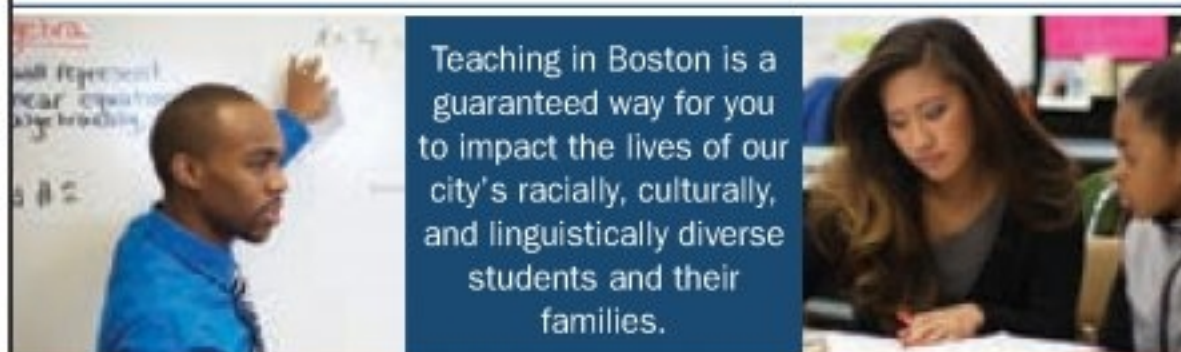
RSVP today to  
[careers@childrens.harvard.edu](mailto:careers@childrens.harvard.edu)  
or 617-919-4787 EOE



## You're Invited to the Second Annual Diversity Career Fair for Teachers!

**Tuesday February 23, 2016 FROM 5-7pm**

Bruce C. Bolling Municipal Building, 2300 Washington Street, Roxbury, MA



Teaching in Boston is a guaranteed way for you to impact the lives of our city's racially, culturally, and linguistically diverse students and their families.

Meet representatives from **dozens of schools** across the city of Boston at this collaborative fair – all of whom are looking to **hire the best** for our students!



SPONSORED BY:    

Register Today: [tiny.cc/BostonDiversityFair2016](http://tiny.cc/BostonDiversityFair2016)

Priority Registration Deadline: February 12, 2016

## DO YOU WANT TO HELP GET PROGRESSIVE CANDIDATES ELECTED?

### THE TELEFUND TEAM IS GROWING!

We are looking for smart, articulate and committed people to fill critical positions throughout the organization.

Call Mike at **617-292-7700**

Hourly  
Rates  
+  
Bonuses!

**telefund**



# BRUINS ARE ONCE AGAIN THE WORST FRANCHISE IN TOWN

The Bruins have the fourth-most points in the Eastern Conference and are fresh off a 7-3 victory over the second-best team in the superior West, the Dallas Stars. They're going to make the Stanley Cup playoffs. They might even win a round or two.

But the B's are once again the black (and gold) sheep of the Boston sports scene.

In this particular century, Boston is about winning it all. Atlantic Division, AFC East and AL East championship T-shirts don't sell well here anymore. And in terms of championship aspirations in the next five years or so, the Bruins are lagging far, far behind their Hub peers.

It does not take a hockey genius to see that things have been headed in the wrong direction for the Bruins for some time now. They lost to the Canadiens in the playoffs two years ago, they missed the playoffs altogether last season and this season — despite the solid record — they've played uninspired hockey. The puppet that the Jacobs family eventually settled on and hired to be GM, Don Sweeney, is an uninspiring executive. Their head coach, Claude Julien, is still here because it's more convenient for the Jacobs family and Sweeney to not fire him. Their best player, Patrice Bergeron, is fundamentally great — but is a bore to watch. The face of their franchise, Zdeno Chara, has been on the back-9 for a while now.

The Tyler Seguin trade is as taboo a subject as you'll find in this town. It's almost as if everyone around here decided that if no one talks about it anymore, Seguin will eventually come back.

For the record, the guy is just behind Alex Ovechkin and Patrick Kane for most goals in the NHL this season and it has been cemented that Peter Chiarelli's swap on the Fourth of July in 2013 was and is the worst trade in Boston sports history.

Yes, the Bruins eventually fired Chiarelli. But it's

## MATT BURKE

OPINION

Matt Burke is the National Sports Editor and a columnist at Metro US.

Follow him on Twitter @burke\_metro



a deal that simply never should have happened. A good or even average ownership group steps in on that type of deal. But no doubt the Jacobs' were grilling up filet mignon hot dogs and shooting off fireworks in upstate New York on the day the 21-year-old Seguin was sent packing.

You wouldn't know the Bruins are the most pathetic franchise in town if you listen to 98.5 The Sports Hub. The daily B's slap- and tickle-fest on the radio leads you to believe that the next Stanley Cup ceremony is right around the corner, but mostly tries to drive home the same points it's been trying to make for the past seven years: Hockey players are the toughest. Hockey players are the coolest, because they drink beer. Hockey players get the hottest chicks. And hockey players are the most down-to-earth pro athletes.

"Hockey players. They're just like us!"

That all might be true. But the problem is, the Bruins don't play against "whiny" baseball players or "pampered" basketball players. They play against other pro hockey players who just so happen to be tougher, and cooler. Sorry B's fans, the Washington Capitals can probably drink more beer, get hotter chicks and are more



The Bruins own a 32-21-6 record so far in 2015-16. GETTY IMAGES

"down-to-earth" than the Bruins.

When Bruins fans defend their team, it almost always turns in to a sport vs. sport argument. While Boston is a great hockey town and it produces a ton of great players, this idea that every Jack Eichel and Jeremy Roenick-type grew up in a hut by a pond in the woods and ate bison meat and drank Natty Light every night is a bit much. Most Boston-bred NHL players come from well-to-do families and hockey is as expensive a youth sport as you'll find.

And it remains an expensive sport on the pro level in Boston. A beer at TD Garden these days costs \$10.50. A low-end Bruins ticket is \$159. For comparison sake: A low-end Washington Capitals ticket is \$45. Keeping things in house: a low-end Celtics ticket is \$66.50. Even the always-sketchy Red Sox at least put on the façade that they were lowering ticket and concession prices when the product was no longer at a championship

level.

Just know this: Boston is no longer a hockey town. It is a winning town. The Patriots are

No. 1 here because they win. The Red Sox are spending like crazy to become a winner again. And the Celtics are in

great position to win again. But for the Bruins, winning it all once again doesn't seem like the top priority.

## No apologies from 'Panda'



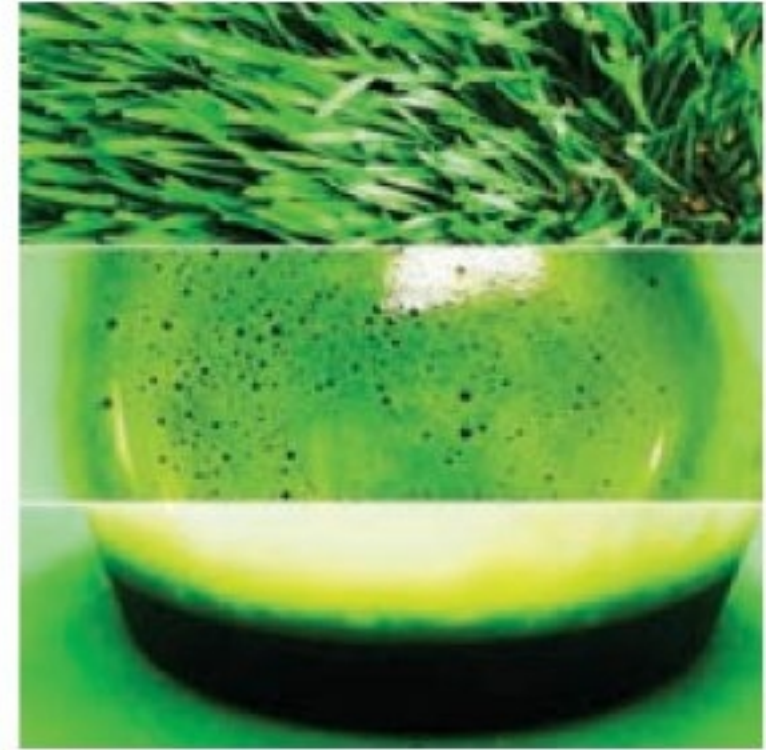
Pablo Sandoval arrived at Red Sox spring training Sunday and said he had not addressed his weight in the offseason. "I don't weigh. I don't weigh in at all," he told reporters. "I don't got nothing to prove [in 2016]. I just prepare myself to perform well." GETTY IMAGES





## KWENCH BOWL

Blended acai, strawberries, banana, kiwi, coconut milk topped with shredded almonds, granola, and fresh berries



## WHEAT GRASS SHOT

One of the most nourishing substances on the earth



**(617) 292-9222**

230 Congress Street, Boston, MA

Follow Us:

 [facebook.com/kwenchcafe](https://facebook.com/kwenchcafe)

  @kwenchjuicecafe

***“YOU ARE WHAT YOU EAT”***



## LIFE BLOOD

Beet, carrot, apple, lemon and ginger



## NAMASTE

Spinach, kale, banana, mango, lemon, and apple juice



# LEGAL SERVICES

To advertise call Herman Miles at 617-532-0105 or email [herman.miles@metro.us](mailto:herman.miles@metro.us)

## WORKERS' COMPENSATION SERIOUS INJURIES · AUTO ACCIDENTS

JSG LAW OFFICES OF JEFFREY S. GLASSMAN  
PERSONAL INJURY & DISABILITY LAWYERS

617-367-2900  
JEFFREYGLASSMAN.COM

- ✓ Free Consultations
- ✓ No Recovery/No Fee
- ✓ On Call 24/7
- ✓ Home & Work Visits
- ✓ Se Habla Espanol

## WORKER'S COMPENSATION

More Than 35 Years Experience

Attorney Robert F. Gabriele

617-720-7892

[rfgpc@aol.com](mailto:rfgpc@aol.com)

50 Congress Street, Suite 225, Boston MA, 02109

Free Consultation. No Fees except on Settlement

## ITEMS WANTED

**FREE TOW FOR  
YOUR JUNK CAR  
& AFFORDABLE  
TOW SERVICES**

**GET RID OF YOUR  
JUNK CAR, TRUCK,  
VAN OR SUV**

CALL JOE @ COMPLETE TOWING

617-999-3631

WE SERVE BOSTON, NORTH AND SOUTH  
SHORES, & SURROUNDING AREAS



**CASH FOR DIABETIC  
TEST STRIPS:**

Up to \$35/Box!

We will pick up  
same day!

Must be factory sealed  
and unexpired.

Call Jenni  
for a Quote Today!

800-413-3479

[www.CashForYourTestStrips.com](http://www.CashForYourTestStrips.com)

**Top \$\$ Paid For  
Guitars**



We buy ALL Musical Inst.  
Guitars, Saxes, etc.  
We travel & PU Cash  
on the spot!

617-594-3255

**CASH FOR RECORDS  
WANTED**



33Lps & 45s

George

617-633-2682

Cash for Records

metroCLASSIFIEDS

To place an ad call 866-900-9473  
or visit us at [www.metro.us](http://www.metro.us)

## DO YOU HAVE NECK OR BACK PAIN?

The MGH Center for Translational Pain Research is  
conducting a study to improve opioid therapy



You may qualify if you:

- Are 18-65 years old
- Have neck or back pain

Payment will be  
provided

This study involves: Office visits & phone calls;  
Medication or placebo; Temperature testing



FOR MORE INFORMATION:

617-724-6102

[MGHpainresearch@partners.org](mailto:MGHpainresearch@partners.org)  
[www.massgeneral.org/painresearch](http://www.massgeneral.org/painresearch)

metroCLASSIFIEDS

To place an ad call 866-900-9473  
or visit us at [www.metro.us](http://www.metro.us)

DEADLINE: 2 BUSINESS DAYS PRIOR TO  
PUBLICATION AT 4 PM.

## MEDICAL RESEARCH

To advertise call Michael Doane at 617-338-6731  
or email [michael.doane@metro.us](mailto:michael.doane@metro.us)



**CONSTIPATION**  
CLINICAL RESEARCH STUDY

If you are one of many suffering from constipation/irritable bowel syndrome with constipation (IBS-C), you may be eligible to participate in this clinical research study to evaluate the safety and effectiveness of an investigational drug in treating constipation/IBS-C.

Eligible participants must be:

- at least 18 years of age
- experiencing constipation/IBS-C for at least 6 months

Qualified participants will receive study drug and study-related medical care at no cost. Health insurance is not necessary to participate.

Compensation for time and travel may be provided for those who qualify.

To learn more about this study  
and to see if you qualify, call:

1-877-957-0182

The persons depicted in this advertisement are models and the images are being used for illustrative purposes only.





**CARS****Cars for Sale****Family Owned & Operated • Est. 1963****Credit Score 350 or Better, No Problem**We Have Different Vehicles For Different Budgets,  
or We Will Find The Car You Are Looking For!!**We Do Anything With Cars From A to Z!**Body Work - Financing - Full Service Center - Glass  
Replacement Insurance - Mass Inspections Station - Etc.

1121 DORCHESTER AVE, BOSTON, MA 02125

**617-436-5065**[www.avenueautowholesalers.com](http://www.avenueautowholesalers.com)**Vehicles Wanted****ALL CARS  
WORTH CASH  
UP TO \$500**Cars, Trucks and Heavy  
Equipment.IMMEDIATE PICK UP 24/7  
No key, No title, No problem**Call now****617-678-6833****Get \$350 to \$1,000  
for your Junk  
or repairable car****Free towing,  
same****day pick up.****Call today!****617-818-9909**We pay more for Toyota's,  
Honda's and Nissan's  
No Title... No problem

We sale Used Cars/ We do Financing

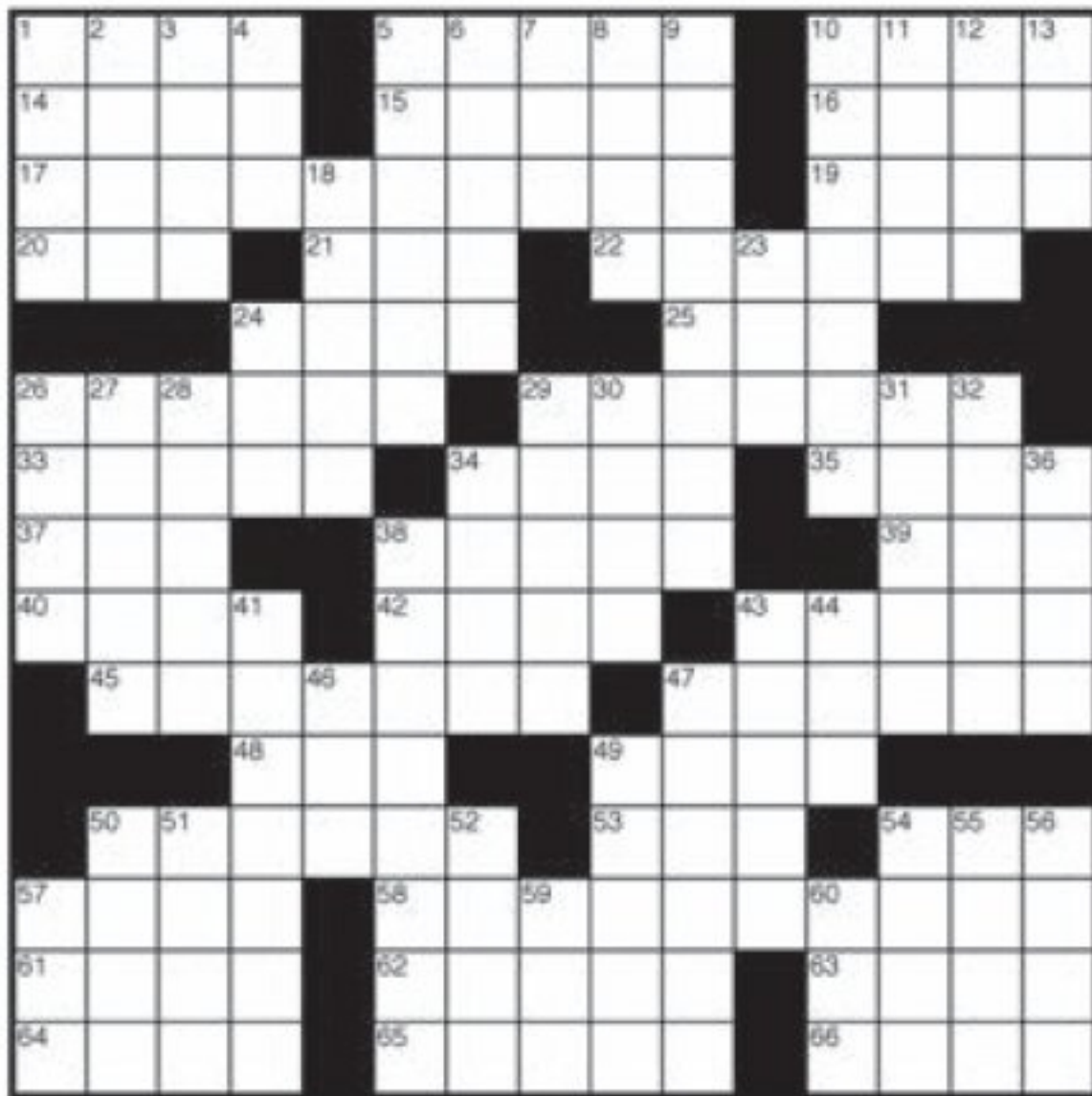
**SERVICES****DIAZ LAW GROUP**Accidentes de Auto  
Auto AccidentsCasos Criminales  
Criminal CasesCasos de Familia  
Family Cases**617.297.8580****"CALL NOW WE ARE READY TO HELP YOU"**

164 CANAL STREET, SUITE 301, BOSTON, MA

**IMPORTANT INFORMATION:**All classified advertising is subject to the terms and  
conditions of the applicable Metro Classified rate  
card and to approval and acceptance at Metro U.S.  
option. Metro U.S. reserves the right to edit, reject,  
cancel or reclassify an ad, and reserves the right to  
convert any classified advertising to alternative  
formats for use and publication in other Metro U.S.  
publications. It is the advertiser's sole responsibility  
to check each ad the first day it is published. Metro  
U.S. assumes no responsibility for any reason, for  
any error or omission in any ad.**Tax Problems????!!****ex- IRS Revenue  
Agent/CPA**[www.davidrootcpa.com](http://www.davidrootcpa.com)**617-335-2988****PSYCHICS****SHEIKH  
MANSOUR**INTERNATIONAL  
SPIRITUAL HEALER WITH  
BORN GIFTED POWER  
AND EXPERIENCESuper natural gifted man who helps  
both internal & external matters  
in marriage, love, court, business,  
luck, gambling, protection,  
returning love one back.**EXPERT IN ALL OCCULTIST  
HUMAN PROBLEMS.  
ONLY ONE VISIT WILL LEAD YOU TO  
THE RIGHT PATH!  
CALL NOW FOR JOY!  
RESULTS IN A FEW DAYS  
GUARANTEED 100%  
Call 347-261-0226****FAMOUS INDIAN ASTROLOGER & SPIRITUALIST****SPECIALIST IN - Removing Voodoo**  
Palm Reading, Face Reading, Fate Reading, Open Book**KNOW ABOUT YOUR LIFE -  
CHANGE WAY OF FUTURE****WE BRING LOVED ONES BACK****Enemy, Sickness, Badluck, Divorce,  
Money, Love, Sexual, Job, Relationship  
IF YOU HAVE ANY PROBLEM-I HAVE A SOLUTION****EXPERT IN - Removing Black Magic  
Witchcraft, Voodoo, Spirit Curses  
Evil Spell, Life Long Protection****GUARANTEE  
100%  
RESULTS****Call for Appointment RAJA RAM 617-992-4872****All Religious  
Welcome****Dudley Bus Station  
Boston MA****Opens  
Everyday****Lilah Psychic Tarot Card  
Readings Spiritual  
Healer**I will help you in all matters of life  
Need help making the right decision  
about work School? Loved ones  
wondering if he or she is the right  
one? Feeling that you can find peace  
happiness you been looking for? Stop  
wasting time trying to figure things  
out on your own. I'm here to give  
you your own personalized reading to  
find out answers n make the right  
decisions that are best for you ...Call (617) 451-7294 or  
call n text (617) 669-6265  
230 Tremont St, downtown Boston  
All major credit cards accepted**PROFESSOR  
OUMAR  
SPIRITUAL  
HEALER &  
CLAIRVOYANT  
40 YEARS EXP.**Specialize in Relationship &  
Love, Black Magic, Bad Luck,  
Business, Job Exams, Divorce,  
Court Cases, Immigration,  
Etc...Seek help from  
Prof. Sheikh 3/7 Days Results.  
Payment plan available.**646.891.7809**  
[www.psychicoumar.com](http://www.psychicoumar.com)  
2166 8th Ave. by W 116th  
Street Manhattan**JOBS****General Help Wanted****Airport  
Job Fair!!**\$11.00 per hour positions  
available with retention bonuses in  
effect. Early morning and  
late night shifts are needed.**Open interviews**every Tuesday, Wednesday and Thursday  
from 9:00 a.m. to 2:00 p.m. at 982  
Bennington Street, 3<sup>rd</sup> floor,  
East Boston, MA 02128.Public transportation is across the street  
from the blue line, Orient Heights.**Window Cleaners**We are currently looking for 2 EXPERIENCED  
Residential window cleaners. The right  
applicants will have a clean cut appearance,  
at least 2 years EXPERIENCE washing  
residential windows, ability to work on  
ladders, a want to work attitude, and good  
enough English to converse with customers.  
We offer a very competitive salary, and a  
good working environment, Experience in  
power washing and roof cleaning a plus.If interested, please contact us at  
[job.response@comcast.net](mailto:job.response@comcast.net) or 617-451-2988**TOW Truck Driver**We are looking for full/part time experienced  
tow truck and flatbed drivers. With at least 3-5  
years experience. Must have a valid Driver's  
License and Medical card. Certification is a plus.Days, evenings, nights, and weekend shifts  
available. Drivers are subject to CORI and drug  
testing. Apply in person. Serious inquires ONLY! If  
qualified, we will contact and setup an interview.**STANLEY SERVICE, INC.**3430 Washington Street Jamaica Plain, MA  
02130 (ph) 617-522-4100 (fx) 617-983-5358**metro  
CLASSIFIEDS**To place an ad call  
**866-900-9473**  
or visit us at  
[www.metro.us](http://www.metro.us)**metro  
CLASSIFIEDS**To place an ad call 866-900-9473  
or visit us at [www.metro.us](http://www.metro.us)**DEADLINE: 2 BUSINESS DAYS PRIOR  
TO PUBLICATION AT 4 PM.****metro CLASSIFIEDS**To place an ad call 866-900-9473  
or visit us at [www.metro.us](http://www.metro.us)



## metro.us/crossword



## Across

- 1 Defraud  
5 Wild horse  
10 Huh?  
14 Woody's son  
15 Secondary  
16 River in France  
17 Faulty science?  
19 Classical poet  
20 Dolly the clone  
21 Morn counterpart  
22 Moves crabwise  
24 Graph paper pattern  
25 Born as  
26 Frisk about  
29 Monarch's fill-in  
33 Hoarse  
34 Meditation guide  
35 Dragged into court  
37 Authorizes  
38 Dress carefully  
39 Mao — -tung  
40 Chick talk  
42 "The Sweater Girl"  
43 Fleeting  
45 Brooks  
47 Most grizzled  
48 Ben & Jerry rival  
49 Tax shelters  
50 Emphatic refusal (2 wds.)  
53 VIP's carpet  
54 1/3 tbsp.  
57 Ketch's cousin

## Down

- 58 Stickers  
61 To — — (exactly)  
62 Heavy reading?  
63 Formic acid producers  
64 Nosegay  
65 Downward trend  
66 Solar radiation

- 10 Warm clothing  
11 Drone's home  
12 Garage sale tag (2 wds.)  
13 A Kennedy  
18 Something to beg for  
23 Billy — Williams  
24 Stat for Greenspan  
26 Gun, on stage  
27 Tools with teeth  
28 Cash, for instance  
29 Mesa Verde attraction  
30 Ms. Bombeck  
31 — pie  
32 Oui and da  
34 Chemist's weight  
36 Skillful  
38 Pretends  
41 Groupie idol  
43 Razor filler  
44 Hwys.  
46 Tokyo, to shoguns  
47 Familiar threat (2 wds.)  
49 Vexed  
50 Its HQ is Brussels  
51 Has debts  
52 Cool place to hang out  
54 Adjust a piano  
55 Baja Ms.  
56 Attention getter  
57 Sharp bark  
59 Caesar's 901  
60 Scrooge's oath

## metro.us/sudoku

easy

5		7					8	
				9		7		4
	6		7				3	5
1					9	8		
		6	5	4	3	1		
		5	8					2
2	9				7		4	
6		1		2				
	4					9		1

hard

		4	7					2
2	1			5			3	6
					8	9		
1	8			5				
4		5				3		7
			9				8	1
		1	5					
3	2			1			7	5
7					2	1		

## metro.us/horoscopes



**Aries** Use one of your many skills to bring in extra cash. Money will come to you from an unusual source. Find out what's expected in return before you accept an offer.



**Taurus** Use whatever tactics are necessary to help get your way. If you are bold and confident, people will listen. Take action instead of offering empty promises.



**Gemini** Do what suits you best, not what someone else wants you to. Take advantage of any information that can help you gain the respect and confidence of your peers.



**Cancer** You have plenty of options. Don't view change as a negative experience. Something good will come to you if you are willing to explore different means.



**Leo** What you see is what you get, and with that attitude you will be able to take on whatever challenge you face. Jealousy will be behind any opposition you encounter.



**Virgo** Before making a move, you should dig deep and find out firsthand what's going on. Use your cunning to manipulate whatever situation you face to improve your position.



**Libra** Assist those deserving of help, not those looking for a handout. Make a point to update your appearance or pick up knowledge that will help you advance.



**Scorpio** Consider an unusual option that appears out of nowhere. An open mind will lead to a choice that could change your life forever. An offer will be worth investigating.



**Sagittarius** A trip or meeting with friends will help you make a decision regarding your current residence. Don't rely on secondhand information. Romance is in the stars.



**Capricorn** An unusual situation regarding a legal, contractual or health matter will arise, allowing you to make a decision that will help to stabilize your position.



**Aquarius** Avoid arguments due to emotional misunderstandings. You will have to compromise if you want to maintain a healthy atmosphere with the people you encounter today.



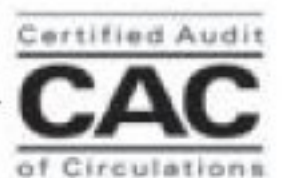
**Pisces** Don't share personal information with colleagues, friends or relatives until you are sure that the information will not be used against you. **EUGENIA LAST**

## Yesterday's answers




Can't wait until tomorrow to check your answers? Visit metro.us

**metro** As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro Boston 234 Congress St., 4th FL, Boston, 02110 • main 617-210-7905 • to advertise 617-210-7905 • Associate Publisher Steve Corcoran, steve.corcoran@metro.us • U.S. Circulation Director Joseph Lauetta • U.S. Marketing Director Will Maunoir • email sales adsboston@metro.us • email distribution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Editor in Chief Frank Burgos, frank.burgos@metro.us • National News Editor Morgan Rousseau, morgan.rousseau@metro.us • Web Editor Cristabelle Tumola, cristabelle.tumola@metro.us • Art Director Julianne Aerts, julianne.aerts@metro.us • Sports Editor Matt Burke, matthew.burke@metro.us • Features Editor/Style Editor Tina Chadha, tina.chadha@metro.us • Entertainment/TV Editor Rachel Racza, rachel.racza@metro.us • Film Editor Matt Prigge, matt.prigge@metro.us • Wellbeing/Going Out Editor Eva Kis, eva.kis@metro.us • Travel Editor Rachel Vigoda, rachel.vigoda@metro.us





A wealth of  
knowledge can make  
**ALL THE  
DIFFERENCE.**



*At Webster, we believe everything starts with a conversation. Which is why Fresh Look™ can help. Whether you're in the market for a new home, some better ways to save, or want to plan for your future, this no-obligation, one-on-one conversation is just the beginning.*

Visit or try us 24/7 at **888-493-2783** and **WebsterBank.com**



# HELLO Neighbor.

*Now with 18 new locations in the city and free ATMs  
anywhere, our service extends wherever you are.*

**Copley Square**

491 Boylston Street

**Lexington**

31 Waltham Street

**Harvard Square**

1 Brattle Square

**Government Center**

100 Cambridge Street

**Fenway Center**

1367 Boylston Street

**Boston University**

880 Commonwealth Ave

**Downtown Crossing**

70 Summer Street

**Needham**

1000 Highland Avenue

**Wellesley Center**

84 Central Street

**Newton Center**

792 Beacon Street

**Burlington**

6 Wayside Road

**North Quincy**

475 Hancock Street

**South End**

1365 Washington Street

**Coolidge Corner**

297 Harvard Street

**Chinatown**

25 Stuart Street

**Kendall Square**

200 Technology Square

**Porter Square**

1815 Massachusetts Ave

**Boston Financial District**

100 Franklin Street

*Visit or try us 24/7 at **888-493-2783** and **WebsterBank.com***